



Food List

Below is a list of healthy foods along with their calorie counts and fat content. Print the list out and use it as a guide for your daily eating.

All natural Almond butter

1/2 TB, 51 cal, 1.2 pro, 1.7 carbs, 4.8 fat

1 TB, 100 cal, 2.4 pro, 3.4 carbs, 9.5 fat

All natural Peanut butter

1/2 TB, 53 cal, 2 pro, 2 carbs, 4 fat

1 TB, 105 cal, 4 pro, 4 carbs, 8 fat

Almonds

1/2 oz, raw, 85 cal, 3 pro, 3 carbs, 7 fat

1 oz, raw, 172 cal, 6 pro, 6 carbs, 14 fat

Apple, 1 medium, 80 cal, 21 carbs, 1 fat

Asparagus, 16 spears, 56 cal, 6 pro, 10 carbs, 1 fat

Avocado, 1/2 cup, 185 cal, 2.5 pro, 8.5 carbs, 17.5 fat

Banana, 1 medium, 158 cal, 2 pro, 40 carbs

Barley, 1/2 cup cooked, 97 cal, 2 pro, 22 carbs, .3 fat

Broccoli, 1/2 cup, cooked, 22 cal, 2 pro, 4 carbs, .3 fat

Brown rice, 1/2 cup, cooked, 116 cal, 2.4 pro, 24 carbs, .6 fat

Brussels sprouts, 1 cup, cooked, 65 cal, 6 pro, 13 carbs, .6 fat

Butternut squash, 1 cup, 64 cal, 1.5 pro, 16 carbs, .2 fat

Carrots, 1 cup, 50 cal, 1 pro, 11 carbs

Cauliflower, 1 cup, 25 cal, 2 pro, 6 carbs

Chicken breast, fat removed, cooked

3oz, 123 calories, 21 pro, 2.3 fat

4oz, 164 calories, 28 pro, 3 fat

5oz, 205 cal, 35 pro, 3.8 fat

Chick peas, boiled, 1/2 cup, 134 cal, 7.3 pro, 23 carbs, 2.1 fat

Cod, cooked
3oz, 90 cal, 20 pro, .8 fat
4oz, 119 cal, 26 pro, 1 fat
5 oz, 150 cal, 33 pro, 1.3 fat

Cottage cheese, 1%, ½ cup – 80 cal, 13 pro, 6 carbs, 1 fat

Couscous, ½ cup, cooked, 100 cal, 3.4 pro, 21 carbs, .1 fat

Cucumbers, ½ cup, 20 cal, 2 pro, 4 carbs

Egg whites, large, cooked
4 - 68 cal, 18 pro
5 - 85 cal, 23 pro
6 -102 cal, 27 pro
7 -119 cal, 31 pro
8 -136 cal, 35 pro

Egg, 1 large, whole, cooked, 75 cal, 6.3 pro, .6 carbs, 5 fat

Ezekial bread, 1 slice, 80 cal, 4 pro, 15 carbs, .5 fat

Flank Steak, fat removed, cooked
3oz, 207 cal, 22 pro, 13 fat
4oz, 276 cal, 29 pro, 17 fat

Flaxseeds, milled, 2 TB, 60 cal, 3 pro, 4 carbs, 5 fat

Fish oil, 1 TB, 126 cal, 14 fat

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Green beans, 1 cup, 44 cal, 2 pro, 10 carbs

Ground beef, 93% lean, cooked, 4oz, 170 cal, 23 pro, 8 fat

Ground turkey, 99% lean, cooked, 4oz, 120 cal, 26 pro, 1.5 fat

Haddock, cooked
3oz, 95 cal, 21 pro, .8 fat
4oz, 127 cal, 28 pro, 1.1 fat
5oz, 159 cal, 34 pro, 1.4 fat

Kidney beans, ½ cup, boiled, 112 cal, 7.6 pro, 20 carbs, .4 fat

Lentils, ½ cup, cooked, 115 cal, 9 pro, 20 carbs, .4 fat

Lentil pilaf, ½ cup, cooked, 90 cal, 5.5 pro, 18 carbs, .3 fat

Oatbran, ½ cup, cooked, 150 cal, 7 pro, 25 carbs, 3 fat

Oatmeal, old fashioned, ½ cup, cooked, 150 cal, 5 pro, 27 carbs, 3 fat

Olive oil, extra virgin, 1 TB, 126 cal, 14 fat

Orange, 65 cal, 1 pro, 16 carbs

Pineapple, 1/2 cup, 70 cal, 17 carbs

Pork loin, center cut, 4oz, cooked, 130 cal, 23 pro, 4.5 fat

Protein powder (Metabolic Drive) 110 cal, 20 pro, 3 carbs, 2 fat

Pumpkin, 1 cup, canned, 80 cal, 4 pro, 18 carbs, 1 fat

Milk, skim, 8oz, 80 cal, 8 pro, 13 carbs, 0 fat

Mixed berries, 1/2 cup, 35 cal, .5 pro, 9 carbs, 0 fat

Romaine lettuce, 3 cups, 30 cal, 2 pro, 5 carbs

Salmon, cooked

3oz, 178 cal, 19 pro, 11 fat

4oz, 237 cal, 25 pro, 15 fat

Salsa, 1/2 cup, 40 cal, 10 carbs

Scallops, 3oz, 100 cal, 19 pro, 2.7 carbs, 1 fat

Shredded wheat, 1.25 cups, 170 cal, 6 pro, 40 carbs, 1 fat

Shrimp, cooked

3oz, 84 cal, 18 pro, .9 fat

4oz, 112 cal, 24 pro, 1.2 fat

5oz, 140 cal, 30 pro, 1.5 fat

Spinach, 1 cup, cooked, 42 cal, 5 pro, 7 carbs

Steel Cut Oats, 1/4 cup dry, 160 cal, 6 pro, 27 carbs, 3 fat

String beans, 1 cup, 44 cal, 2.5 pro, 10 carbs, .5 fat

Sugar snap peas, 1/2 cup, 30 cal, 2 pro, 8 carbs

Summer squash, 1 cup, 35 cal, 2 pro, 8 carbs, 1 fat

Sweet potato, 4oz, cooked, 110 cal, 2 pro, 25 carbs

Swordfish, cooked

3oz, 103 cal, 22 pro, 4.4 fat

4oz, 137 cal, 29 pro, 5.8 fat

Tomatoes, 1/2 cup, 25 cal, 1 pro, 4 carbs

Top round, fat removed, 3oz, cooked, 170 cal, 31 pro, 4.3 fat

Tortillas, Joseph's low carb, 70 cal, 7 pro, 11 carbs, 1.5 fat

Tuna

1 can, 150 cal, 32.5 pro, 1.2 fat

4oz, 112 cal, 24 pro, .6 fat

Turkey, cooked
3oz, 134 cal, 25 pro, 3 fat
4oz, 178 cal, 34 pro, 4 fat

Udo's 3-6-9 omega capsules, 2 caps, 20 cal, 2 fat

Udo's oil, 1 TB, 126 cal, 14 fat

Walnuts
1/2 oz, raw, 90 cal, 2 pro, 2 carbs, 10 fat
1 oz, raw, 180 cal, 4 pro, 4 carbs, 19 fat

Whole grain bagel, 1/2, 140 cal, 5 pro, 28 carbs, .8 fat

Yogurt, 6oz, 180 cal, 8 pro, 32 carbs, 2 fat

Zucchini, 1 cup, 18 cal, 1 pro, 4 carbs

"Free" foods (these items don't contain many calories, so add them in moderation to any meal!)

Mushrooms

Onions

Peppers

Celery

Balsamic vinegar

Dijon mustard

Lemon juice

Lime juice

Beef and Chicken broth (low sodium)

Cinnamon

Mr. Dash (and other seasonings)